## We Claim:

1	1. An optical carrier notch filter comprising:
2	an optical coupler including at least a first, a second and a third port,
3	the first port being configured to receive an output that includes an optical
4	carrier and interleaved optical single sideband signals;
5	an optical bandpass filter coupled to a port of the optical coupler, the
5	optical bandpass filter separating the output into a transmitted signal that
7	contains the optical carrier and a reflected signal that includes the
3	interleaved optical single sideband signals that are reflected from the optical
)	bandpass filter to the third port of the optical coupler.
l	2. The filter of claim 1, further comprising:

- an external modulator coupled to the optical bandpass filter and the coupler setup in claim 1 to receive the optical carrier, the external modulator modulating the optical carrier to create a modulated optical carrier.
- 1 3. The filter of claim 2, wherein a baseband signal is applied to 2 the external modulator to modulate the optical carrier and create the 3 modulated optical carrier.
- 1 4. The filter of claim 1, wherein the optical single sideband 2 signals have unequal channel spacings.
- 5. The filter of claim 1, further comprising:
  a coupler used to combine the modulated optical carrier with the
  interleaved optical single sideband signals.
- 1 6. The filter of claim 1, wherein the optical bandpass filter is centered at the same wavelength as the optical carrier.

1	7. The filter of claim 1, wherein the optical coupler is a
2	circulator.
1	8. An optical carrier notch filter comprising:
2	an optical coupler including at least a first, a second and a third port
3	the first port being configured to receive an output that includes an optical
4	carrier and interleaved optical single sideband signals;
5	an optical narrowband reject filter coupled to a port of the optical
6	coupler, the optical narrowband reject filter separating the output into a
7	reflected signal that contains the optical carrier and a transmitted signal that
8	includes the interleaved optical single sideband signals that are transmitted
9	through the optical narrowband reject filter.
1	9. An optical carrier notch filter, comprising:
2	a multiple port circulator including at least a first, a second and a
3	third port; and
4	an optical bandpass filter coupled to the second port of the multiple
5	port circulator, the optical bandpass filter separating an output received
6	from the circulator into a transmitted signal that contains an optical carrier
7	and a reflected signal that includes interleaved optical single sideband
8	signals and is reflected from the optical bandpass filter to the third port of
9	the circulator.
1	10. The filter of claim 9, further comprising:
2	a modulator coupled to the optical bandpass filter and the coupler
3	setup in claim 8 to receive the optical carrier, a baseband signal is applied to
4	the electrodes of the modulator modulating the carrier to form a modulated
5	optical carrier.

1	11. Th	e filter of claim 9, further comprising:
2	a coupler of	coupled used to combine the modulated optical carrier
3	with the interleave	ed sideband signals.
1	12. Th	e filter of claim 9, wherein the interleaved single sideband
2	modulator include	es a source that produces first and second sidebands with
3	frequencies that a	re offset from their harmonics and/or the other sideband's
4	residual image.	
1	13. Th	e filter of claim 12, wherein the offset frequencies are
2	different for the fi	rst and second sidebands.
1	14. An	optical carrier notch filter, comprising:
2	a multiple	port circulator including at least a first, a second and a
3	third port; and	
4	an optical	narrowband reject filter coupled to a second port of the
5	multiple port circu	ulator, the optical narrowband reject filter separating an
6	output received fr	om the circulator into a reflected signal that contains an
7	optical carrier and	a transmitted signal that includes interleaved optical
8	single sideband si	gnals and is transmitted through the optical narrowband
9	rejectba filter.	
1	15. An	interleaved optical single sideband communications
2	system comprisin	g;
3	a Mach-Ze	chnder modulator, constructed and arranged to accept an
4	incoming optical	carrier and including:
5	a splitter v	which splits the incoming optical signal into a first optical
6	carrier and a secon	nd optical carrier;
7	a first AC	phase modulator to apply a first electrical signal carrying

a plurality of first channels to modulate the first optical signal;

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9	a second AC phase modulator to apply a second electrical signal
10	carrying a plurality of second channels to modulate the second optical
11	signal, each first channel corresponding to one of the second channels, and
12	each first channel being phase shifted 90° relative to each corresponding
13	second channel;
14	a first DC phase modulator to modulate the first optical signal;
15	a second DC phase modulator to modulate the second optical signal,
16	the first and second DC phase modulators constructed and arranged to
17	modulate an optical carrier component of the first optical signal to be phase
18	shifted 90° relative to an optical carrier component of the second optical
19	signal, the optical carrier component of the second optical signal having a
20	frequency substantially equal to the optical carrier component of the first
21	optical signal;
22	a directional coupler that coupled to the Mach-Zehnder modulator
23	and combines the modulated first and second optical signals to form a
24	combined optical signal having an optical carrier component, such that
25	alternate channels of the combined optical signal are substantially cancelled;
26	and
27	wherein the Mach-Zehnder modulator creating a first single side
28	band on a side of the optical carrier frequency, a first residual image on the
29	opposite side of the optical carrier frequency, a second side band on a side
30	of the optical carrier frequency, and a second residual image on the opposite
31	side of the optical carrier frequency.
1	16. The system of claim 15, wherein a frequency of the first side
2	band is offset from the second residual image, and a frequency of the second
_	cana is differ from the second residual image, and a frequency of the second

side band is offset from the first residual image. Any other new sidebands

generated from other optical carriers are also offset from these residual

1	17. The system of claim 13, further comprising:
2	an optical carrier notch filter coupled to the Mach-Zehnder
3	modulator.
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1	18. The system of claim 17, wherein the optical carrier notch
2	filter comprises:
3	an optical coupler including at least a first, a second and a third port,
4	the first port being configured to receive an output that includes an optical
5	carrier and interleaved optical single sideband signals;
6	an optical bandpass filter coupled to a second port of the optical
7	coupler, the optical bandpass filter separating the output into a transmitted
8	signal that contains the optical carrier and a reflected signal that includes the
9	interleaved optical single sideband signals that are reflected from the optical
10	bandpass filter to the third port of the optical coupler.
1	10. The existence of claims 17 wherein the entired common noted
1	19. The system of claim 17, wherein the optical carrier notch
2	filter comprises:
3	an optical coupler including at least a first, a second and a third port,
4	the first port being configured to receive an output that includes an optical
5	carrier and interleaved optical single sideband signals;
6	an optical narrowband reject filter coupled to a second port of the
7	optical coupler, the optical narrowband reject filter separating the output
8	into a reflected signal that contains the optical carrier and a transmitted
9	signal that includes the interleaved optical single sideband signals that are
10	transmitted through the optical narrowband reject filter.
1	20. The system of claim 18, further comprising:
2	an external modulator coupled to the optical bandpass filter, the
3	external modulator modulating the optical carrier to create a modulated
4	optical carrier.
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1	21. An interleaved optical single sideband communications
2	system comprising:
3	a Mach-Zehnder modulator, constructed and arranged to accept an
4	incoming optical carrier, the Mach-Zehnder modulator comprising:
5	a splitter which splits the incoming optical signal into a first optical
6	carrier and a second optical carrier;
7	a first AC phase modulator to apply a first electrical signal carrying
8	a plurality of first channels to modulate the first optical signal;
9	a second AC phase modulator to apply a second electrical signal
10	carrying a plurality of second channels to modulate the second optical
11	signal, each first channel corresponding to one of the second channels, and
12	each first channel being phase shifted 90° relative to each corresponding
13	second channel;
14	a first DC phase modulator to modulate the first optical signal;
15	a second DC phase modulator to modulate the second optical signal
16	the first and second DC phase modulators constructed and arranged to
17	modulate an optical carrier component of the first optical signal to be phase
18	shifted 90° relative to an optical carrier component of the second optical
19	signal, the optical carrier component of the second optical signal having a
20	frequency substantially equal to the optical carrier component of the first
21	optical signal;
22	a combiner which combines the modulated first and second optical
23	signals to form a combined optical signal having an optical carrier
24	component, such that alternate channels of the combined optical signal are
25	substantially cancelled; and
26	a notch filter coupled to the Mach-Zehnder modulator, the notch
27	filter including, an optical coupler including at least a first, a second and a
28	third port, the first port being configured to receive an output that includes
29	an optical carrier and interleaved optical single sideband signals, and an

first sideband.

30	optical bandpass filter coupled to a second port of the optical coupler, the
31	optical bandpass filter separating the output into a transmitted signal that
32	contains the optical carrier and a reflected signal that includes the
33	interleaved optical single sideband signals that are reflected from the optical
34	bandpass filter to the third port of the optical coupler.
1	22. The system of claim 21, wherein the Mach-Zehnder
2	modulator creates a first single side band on a side of the optical carrier
3	frequency with a first residual image on the opposite side of the optical
4	carrier frequency, a second side band on a side of the optical carrier
5	frequency with a second residual image on the opposite side of the optical
6	carrier frequency; and a frequency of the first side band is offset from the
7	residual image and harmonics of the second sideband, and a frequency of
8	the second side band is offset from the residual image and harmonics of the

- 23. An interleaved optical single sideband communications system comprising:
- a Mach-Zehnder modulator, constructed and arranged to accept an incoming optical carrier, the Mach-Zehnder modulator comprising:
- a splitter which splits the incoming optical signal into a first optical carrier and a second optical carrier;
  - a first AC phase modulator to apply a first electrical signal carrying a plurality of first channels to modulate the first optical signal;
- a second AC phase modulator to apply a second electrical signal carrying a plurality of second channels to modulate the second optical signal, each first channel corresponding to one of the second channels, and each first channel being phase shifted 90° relative to each corresponding second channel;

14	a first DC phase modulator to modulate the first optical signal;
15	a second DC phase modulator to modulate the second optical signal
16	the first and second DC phase modulators constructed and arranged to
17	modulate an optical carrier component of the first optical signal to be phase
18	shifted 90° relative to an optical carrier component of the second optical
19	signal, the optical carrier component of the second optical signal having a
20	frequency substantially equal to the optical carrier component of the first
21	optical signal;
22	a combiner which combines the modulated first and second optical
23	signals to form a combined optical signal having an optical carrier
24	component, such that alternate channels of the combined optical signal are
25	substantially cancelled; and
26	a notch filter coupled to the Mach-Zehnder modulator, the notch
27	filter including, an optical coupler including at least a first, a second and a
28	third port, the first port being configured to receive an output that includes
29	an optical carrier and interleaved optical single sideband signals, and an
30	optical bandpass filter coupled to a second port of the optical coupler, the
31	optical bandpass filter separating the output into a reflected signal that
32	contains the optical carrier and a transmitted signal that includes the
33	interleaved optical single sideband signals that are transmitted through the
34	optical bandpass filter.
1	24. An interleaved optical single sideband communications
2	system comprising:
3	a Mach-Zehnder modulator, constructed and arranged to accept an
4	incoming optical carrier, the Mach-Zehnder modulator comprising:
5	a splitter which splits the incoming optical signal into a first optical
6	carrier and a second optical carrier;
7	a first AC phase modulator to apply a first electrical signal carrying

a plurality of first channels to modulate the first optical signal;

9	a second AC phase modulator to apply a second electrical signal
10	carrying a plurality of second channels to modulate the second optical
11	signal, each first channel corresponding to one of the second channels, and
12	each first channel being phase shifted 90° relative to each corresponding
13	second channel;
14	a first DC phase modulator to modulate the first optical signal;
15	a second DC phase modulator to modulate the second optical signal,
16	the first and second DC phase modulators constructed and arranged to
17	modulate an optical carrier component of the first optical signal to be phase
18	shifted 90° relative to an optical carrier component of the second optical
19	signal, the optical carrier component of the second optical signal having a
20	frequency substantially equal to the optical carrier component of the first
21	optical signal;
22	a combiner which combines the modulated first and second optical
23	signals to form a combined optical signal having an optical carrier
24	component, such that alternate channels of the combined optical signal are
25	substantially cancelled; and
26	wherein the Mach-Zehnder modulator creates a first single side band
27	on a side of the optical carrier frequency with a first residual image on a
28	side of the optical carrier frequency, a second side band on a side of the
29	optical carrier frequency with a second residual image on a side of the
30	optical carrier frequency; and a frequency of the first side band is offset
31	from the second residual image, and a frequency of the second side band is
32	offset from the first residual image.
1	25. An interleaved optical single sideband communications
2	system according to claim 24, further comprising:
3	an input polarization controller, constructed and arranged to control
4	a polarization of the incoming optical signal;

5	a polarization maintaining input optical fiber, constructed and
6	arranged to accept the incoming optical signal from the input polarization
7	controller and to provide the incoming optical signal to the modulator.
1	26. An interleaved optical single sideband communications
2	system according to claim 24, further comprising:
3	a light emitting device, constructed and arranged to produce the
4	incoming optical carrier and inject the incoming optical carrier into the
5	modulator;
6	a notch filter, disposed after the modulator, the notch filter filtering a
7	range of wavelengths including a wavelength of the optical carrier
8	component of the combined optical signal;
9	a dispersion compensation device, disposed after the notch filter.
1	27. An interleaved optical single sideband communications
2	system according to claim 26, wherein an amplifier is disposed after the
3	fiber dispersion compensation device.
1	28. An interleaved optical single sideband communications
2	system according to claim 27, wherein the amplifier is a erbium doped fiber
3	amplifier.
1	29. An interleaved optical single sideband communications
2	system according to claim 26, wherein the dispersion compensation device
3	is a device selected from the group consisting of: a length of dispersion
4	compensating fiber and a chirped fiber Bragg grating.
1	30. An interleaved optical single sideband communications
2	system according to claim 24, further comprising an optical receiver

receiving the combined optical signal, the optical receiver comprising:

4	an optical filter, constructed and arranged to pass a range of
5	frequencies corresponding to a selected channel of the combined optical
6	signal; and
7	a baseband optical receiver, receiving the selected channel.
1	31. An interleaved optical single sideband communications
2	system according to claim 30, wherein the optical filter further comprises a
3	tunable narrowband optical filter, tunable among a plurality of ranges of
4	frequencies corresponding to channels carried in the combined optical
5	signal.
1	32. An interleaved optical single sideband communications
2	system according to claim 31, wherein the tunable narrowband optical filter
3	further comprises a feedback circuit such that the filter passband can be
4	locked on to a center of a channel to be passed through the filter.
1	33. An interleaved optical single sideband communications
2	system according to claim 30, wherein the optical filter further comprises a
3	plurality of fixed narrowband optical filters, each corresponding to a range
4	of frequencies corresponding to a single channel carried in the combined
5	optical signal,
6	and the baseband optical receiver further comprises a plurality of
7	baseband optical receivers each of which is disposed after a corresponding
8	one of the fixed narrowband optical filters to receive a single channel
9	therefrom.

system according to claim 24, further comprising:

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1 2 An interleaved optical single sideband communications

3	a wideband optical receiver; and
4	a plurality of demodulators, each demodulator constructed and
5	arranged to extract a range of frequencies from the combined optical signal
6	corresponding to a single channel.
1	25 Arrived and artical single sideband communications
1	35. An interleaved optical single sideband communications
2	system according to claim 24, further comprising:
3	a plurality of directional couplers disposed in series before the
4	modulator, the directional couplers combining a plurality of channels to
5	produce a combined electrical signal from which the first and second
6	electrical signals are derived.
1	36. A method of modulating an optical carrier, comprising:
2	receiving an output that includes an optical carrier and interleaved
3	sideband signals;
4	separating the interleaved sideband signals from the optical carrier;
5	and
6	modulating the optical carrier to create a modulated optical carrier.
1	37. The method of claim 36, further comprising:
2	combining the interleaved sideband signals with the modulated
3	optical carrier.
1	38. The method of claim 36, wherein the interleaved sideband
2	signals have frequencies that are offset from the ITU Grid.
1	39. A method of re-inserting an optical carrier at a remote
2	location in a network, comprising:
3	receiving an output that includes an interleaved sideband signals
4	with a suppressed optical carrier;
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5	combining an optical carrier with the same wavelength as the
6	suppressed optical carrier and the interleaved sideband signals at a remote
7	network site.
1	40. A method of re-modulating or suppressing an optical carrier
2	at a remote location in a network, comprising:
3	receiving an output that includes an optical carrier and interleaved
4	sideband signals;
5	separating the interleaved sideband signals from the optical carrier at
6	a remote network site; and
7	modulating the optical carrier to create a modulated optical carrier or
8	notch out the optical carrier.
1	41. A method of modulating an optical carrier frequency in a
2	Mach Zehnder interferometer modulator that includes a first phase
3	modulator and a second phase modulator, comprising:
4	splitting a power of the optical carrier frequency into a first portion
5	and a second portion;
6	introducing the first portion of the carrier signal frequency to the
7	first phase modulator and the second portion of the carrier signal frequency
8	to the second phase modulator;
9	applying a first signal to the first phase modulator at a first phase
10	and to the second phase modulator at a second phase;
11	creating a first single side band on a side of the optical carrier
12	frequency, and a first residual image on a side of the optical carrier
13	frequency;
14	applying a second signal to the first phase modulator at a first phase
15	and to the second phase modulator at a second phase

16	creating a second side band on a side of the optical carrier
17	frequency, and a second residual image on a side of the optical carrier
18	frequency; and
19	wherein a frequency of the first side band is offset from the second
20	residual image, and a frequency of the second side band is offset from the
21	first residual image.
1	42. The method of claim 41, wherein a frequency of the first
2	sideband is higher than the optical carrier frequency and a frequency of the
3	second sideband is lower than the optical carrier frequency.
1	43. The method of claim 41, wherein a frequency of the first
2	sideband is higher than the optical carrier frequency and a frequency of the
3	second sideband is higher than the optical carrier frequency.
1	44. The method of claim 41, wherein a frequency of the first
2	sideband is lower than the optical carrier frequency and a frequency of the
3	second sideband is lower than the optical carrier frequency.
1	45. The method of claim 41, further comprising:
2	creating multiple single side bands on the first side of the optical
3	carrier frequency with multiple first residual images on the other side of the
4	optical carrier frequency; and
5	creating multiple single side bands on the second side of the optical
6	carrier frequency with multiple second residual images on the other side of
7	the optical carrier frequency; and
8	wherein frequencies of the multiple first side bands are offset from
9	the second residual images, and frequency of the multiple second side bands
10	are offset from the first residual images.
1	46. The method of claim 45, wherein higher frequency sideband

signals are offset from harmonics of lower frequency sideband signals.

1	47. The method of claim 41, wherein the first and second
2	sidebands are offset from spurious signals.
1	48. The method of claim 42, wherein the spurious signals are
2	selected from harmonics and intermodulations.
1	49. The method of claim 41, wherein the first side band and the
2	first residual image are on opposite sides of the carrier signal frequency.
1	50. The method of claim 41, wherein the second side band the
2	second residual image are on opposite sides of the carrier signal frequency.
1	51. The method of claim 50, wherein the first and second side
2	bands are on opposite sides of the carrier signal frequency.
1	52. The method of claim 41, wherein the Mach Zehnder
2	interferometer modulator is a single Mach Zehnder interferometer.
1	53. A method of transmitting a plurality of channels, comprising
2	providing a plurality of electrical signals, each electrical signal
3	corresponding to a channel;
4	producing a first and a second split signal corresponding to each of
5	the plurality of signals, each first split signal being substantially at
6	quadrature with a corresponding second split signal;
7	providing an optical carrier signal;
8	multiplexing the optical carrier signal with the split signals to
9	produce a multiplexed optical signal such that alternate channels are
10	substantially cancelled and residual images of upper side band channels do
11	not substantially overlap channels carried on a lower side band.

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the multiplexed optical signal to remove the optical carrier signal.

A method according to claim 53, further comprising filtering

- 1 55. A method according to claim 53, wherein the multiplexed
- 2 optical signal is further combined with at least one additional multiplexed
- 3 optical signal by dense wavelength division multiplexing.